

USDA National Nutrient Database for Standard Reference Release 28

Statistics Report 32011, Yellow rice with seasoning, dry packet mix, unprepared

Report Date:December 05, 2015 05:45 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	10.76	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2013
Energy	kcal	343	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2013
Energy	kJ	1433	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2013
Protein	g	7.02	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	02/2013
Total lipid (fat)	g	1.75	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	02/2013
Ash	g	5.79	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2013
Carbohydrate, by difference	g	74.68	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2013
Fiber, total dietary	g	1.8	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	02/2013
Sugars, total	g	1.75	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	02/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Calcium, Ca	mg	35	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	02/2013
Iron, Fe	mg	2.53	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	02/2013
Magnesium, Mg	mg	112	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2013
Phosphorus, P	mg	174	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2013
Potassium, K	mg	801	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2013
Sodium, Na	mg	1316	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	02/2013
Zinc, Zn	mg	1.21	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2013
Copper, Cu	mg	0.272	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2013
Selenium, Se	µg	10.6	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2013
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	02/2013
Thiamin	mg	0.395	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	02/2013
Riboflavin	mg	0.128	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Niacin	mg	3.509	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	02/2013
Vitamin B-6	mg	0.580	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2013
Folate, total	µg	140	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	02/2013
Folic acid	µg	112	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2013
Folate, food	µg	28	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2013
Folate, DFE	µg	219	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2013
Choline, total	mg	8.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2013
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2013
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2013
Vitamin A, RAE	µg	9	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2013
Retinol	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2013
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2013
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2013
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2013
Vitamin A, IU	IU	175	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	02/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2013
Lutein + zeaxanthin	µg	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2013
Vitamin E (alpha-tocopherol)	mg	0.25	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2013
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2013
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2013
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2013
Vitamin K (phylloquinone)	µg	0.6	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2013
Lipids													
Fatty acids, total saturated	g	0.000	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	02/2013
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2013
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2013
8:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2013
10:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2013
12:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2013
13:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2013
14:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2013
15:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2013
16:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
17:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2013
18:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2013
20:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2013
22:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2013
24:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2013
Fatty acids, total monounsaturated	g	0.430	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2013
14:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2013
15:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2013
16:1 undifferentiated	g	0.002	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2013
17:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2013
18:1 undifferentiated	g	0.426	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2013
20:1	g	0.002	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2013
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2013
24:1 c	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2013
Fatty acids, total polyunsaturated	g	0.833	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2013
18:2 undifferentiated	g	0.400	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2013
18:3 undifferentiated	g	0.427	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2013
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2013
20:2 n-6 c,c	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:3 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2013
20:4 undifferentiated	g	0.004	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2013
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2013
22:5 n-3 (DPA)	g	0.002	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2013
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2013
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	02/2013
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	02/2013
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2013
Caffeine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2013
Theobromine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2013